Stay Alive Longer!

# Stop Clogging Your Arteries With Food Fat

By LELORD KORDEL

Bill Gordon came to me, still half-dazed from the shock he had received.

"The company picked me for the executive training program," he said. "I took the physical and passed it fine until the doctor examined the blood vessels at the back of my eyes. What do you think he found?"

"Atherosclerosis?" I asked.

"But that's an old man's disease," said Bill indignantly. "You know how old I am? Twenty-eight! It doesn't make sense."

Bill had reason for concern over his diagnosis. In atherosclerosis the arteries become thick and clogged with fatty deposits. The blood flow to the heart is cut down, and a heart attack may be imminent.

Atherosclerosis is a killer for many. Survival itself may well depend on a changed way of living.

**GREASE TRAP**

"Briefly, Bill," I told him, "you're suffering from what is often called a grease-trap disease. You're using your arteries as a grease trap for your body's plumbing system."

"Go on," said Bill. "I want to hear about this."

"We begin our lives with blood vessels like smooth elastic, and as resiliant as rubber tubing. But each illness and each year of life injures the flexibility and the smoothness of these vessels. They used to start showing signs of wear and tear around the age of 35.

"You said used to," said Bill.

"That's right. Clogging of the arteries was formerly considered a badge of many birthdays. But not today. Today, for some men of 35, it's already too late."

**FAT-HEAVY**

"There are two medically cited reasons: our diets, which are heavy in fats, and our race-the-motor pace of living. That's why we suffer most of any peoples from arteriosclerosis and atherosclerosis. That's why our coronaries have become epidemic.

"We allow cholesterol to crystalize because we stop exercising too soon," I continued.

"We eat too much, sit too much, and exercise too little. We must keep all the fat-forming cholesterol in circulation. We must walk more!"

"Where do people like me—and even younger fellows—get so much of this cholesterol?" asked Bill.

**IN FOOD**

"You eat it in your foods. You eat either too many of the foods containing cholesterol or too many of the fatty foods from which your body can manufacture it."

"Why doesn't some bright young chemist find a way to get rid of cholesterol in the body?" asked Bill.

"Because, paradoxically enough, it's a valuable adjunct to good health. We don't know yet in just how many ways cholesterol is necessary to us. We do know of a few significant functions:

"1. It prevents destruction of red blood cells.

"2. It is important to nerve tissues.

"3. It's partly responsible for the semisolid consistency of living cells."

"That's really throwing us a curve," said Bill. "Something that's necessary to health but 'Will get you if you don't watch out.' Well, what's the answer?"

"Yes, Bill, there is an answer. There is one substance that seems to protect us from accumulations of cholesterol, that emulsifies the deposits on artery walls. That substance is lecithin."

Lecithin, I explained, is found most abundantly in egg yolk; but cheese, butter, and unpasteurized milk contain lecithin in their fat. It is also available in concentrated granular form, and may be purchased at special diet food stores.

**CHOLESTEROL**

Almost everything you eat today, whether at home or in a restaurant, contains dangerous amounts of cholesterol—and too little of the lecithin which helps to emulsify the fatty deposits and keep them finely divided so they can circulate through your body.

"Have you any idea how many ounces of fat you eat a day?" I asked Bill.

"No," he said, "I never thought much about it."

"The average American consumes at least four and seven-tenths ounces of fat a day. That's a real health hazard, Bill. A potential danger to any man.

**DIGESTIVE TRACT**

Cholesterol and fats are processed by your digestive tract—like all your food—and passed on into your blood for transport to the tissues for the nourishment of the cells. But something goes wrong. Through some defect in the process of cell building and cell destruction, in some manner, the cholesterol detaches itself from your bloodstream and settles on the arterial wall.

Thus, as the cholesterol crystallizes, the inner wall of the artery loses its elasticity, grows wrinkled and thick, and the blood has to pressure its way through.

**LITTLE TRICKLE**

For a time a little trickle of blood can still pass through the clogged artery. But what happens if a moving blood clot, which may form anywhere in the blood stream, gets lodged in one of these tight spots filled up by cholesterol deposits?

The answer to that means the difference between life and death. Your life—or death!

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**Tomorrow: You're As Young As Your Arteries. A healthy heart can be yours, if you work for it.**

FOR SIMPLE SORE THROAT YOU CAN'T BEAT BUCKLEY'S MIXTURE
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# Reception Held In Mess

A reception in the Corporal's Mess, Work Point Barracks, followed the recent wedding of Miss Carol Ann Priddle to Mr. Frederick Gilbert Hickey.

Rev. A. G. Reid officiated for the daughter of Mr. and Mrs. John W. Priddle, 1501 McRae Avenue, and the son of Mr. and Mrs. Jack Hickey, Quadra Street. The pretty ceremony was conducted in St. Barbara's Chapel, Work Point.

Given in marriage by her father, the bride was radiant in a pink frock of net over taffeta. Her shoulder-length veil fell from a pink headband trimmed with pearls. She wore a necklace of pearls and carried an armful of pink roses and white freezias.

Her attendant, Miss Hazel East, chose a similar gown in blue with matching headband.

Mr. George Tolliver was best man and at the reception which followed the wedding, an uncle of the bride, Mr. W. C. Munroe, proposed the toast.

Out-of-town guests at the ceremony included L/Cpl. W. L. Dickson of Edmonton and Mr. and Mrs. D. Dickson of South Burnaby, B.C.

# New U.K. Bill May Change Divorce Law

LONDON (Reuters)—A bill now being drafted here could change the whole pattern of British divorce law by introducing as a new ground for divorce the complete breakdown of the marriage.

Under present law, divorce is granted only if one spouse can prove a specific matrimonial offence by the other. Adultery is the offence most commonly established, with desertion second, cruelty third, and incurable insanity fourth.

The Marriage Law Reform Society, which is drafting the "marriage breakdown" bill, has the support of several members of Parliament and hopes that one of them will be able to sponsor the bill in the House of Commons.

### Sno-Birds

Victoria Sno-Birds Ski Club annual spring dance will be held on Friday evening in Colwood Community Hall, beginning at 9 p.m. Miss Barbara Davies, president, and Mr. Bud Peetz, social secretary, are in charge of arrangements.

## Luncheon Planners Get Together

Royal Bride Chapter, IODE, will hold a luncheon in the Douglas Room of the Hudson's Bay Company, on Wednesday, Feb. 11 from 11.30 a.m. to 1.30 p.m. Members assisting with the plans are pictured from left to right, Mrs. J. W. Maltby, holding one of the stuffed monkeys which will be on sale that day, Mrs. F. E. Gray and Mrs. J. G. Heggie, co-conveners of the affair, and Mrs. W. P. McColl, regent of the chapter.—(Colonist photo.)

# London Styles Stress Bosom

By EDDY GILMORE

LONDON (AP)—The chairman of London's fashion designers opened this capital's spring collection Tuesday with emphasis on the bosom.

"I have trained my floodlight," said Victor Stiebel, "on geographically the front top half of the body — in other words, the bust."

As hundreds of women and not a few men looked on, he explained:

"Busts—not with great enthusiasm during the daytime, but with a fireworks display after dark."

Ronald Patterson introduced what he described as "The Shrug"—a casual, easy fit.

He said the right knee length for spring and summer is one that does not show the knee when milady is walking.

Necklines in the showings were set away and sometimes collar-less.

In his suits, Patterson stressed little short jackets with slightly moulded fronts and gathered bands from the waist at the back.

Short evening dresses billowed out at the back and hugged the figure in front.

There were big romantic evening dresses, some of them just barely showing the ankle.

Stiebel's suits were still casual, but the jackets were an inch or two longer. Fronts were shaped and backs straight.

In spite of Paris, the empire line still made its appearance. Stiebel's short party dresses showed a high waist.

Come home, Joe!

*Clubs and Societies*

# Solarium Junior League Welcomes New Members

New members Miss June Andrews, Miss Lynne Stewart and Mrs. Frances Young were welcomed to the recent meeting of the Solarium Junior League.

It was stated by Mrs. R. Sommerville, convener of the rummage sale, that a profit of $85 had been made.

Plans for the Victoria Hair Style Show to be held at the Club Sirrocco Feb. 23 were discussed by co-conveners Mrs. R. Garden and Mrs. S. Logan.

Mrs. J. K. Elder, president, submitted her resignation and Mrs. A. W. Duncan accepted the office. An election for position of vice-president will be held shortly.

Mrs. H. Heighs gave a report on the 1958 Shower of Dimes mail campaign, which showed a profit of $4,400.

Mr. and Mrs. J. K. Elder, Mr. and Mrs. R. Watters, and Mr. and Mrs. A. W. Duncan represented the club in Vancouver at the sister Chapter's "Thetis Club" annual dinner.

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### St. Peter's

Mrs. J. Furmston was re-elected president of St. Peter's Evening Guild (Lakehill) at the annual meeting. Other officers returning for a second term were Mrs. J. A. Churchill, vice-president, and Mrs. R. S. Hawkes, secretary-treasurer.

Newly elected officers were Mrs. J. H. Taylor, social convener, and Mrs. W. J. Ashwell, publicity.

Membership in the guild was increased from 17 members to 23 during the past year.

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### IODE

Navy League Chapter, IODE will hold its annual luncheon on Friday, Feb. 13 at Oak Bay Beach Hotel at 12.30 p.m.

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### St. Mary's

St. Mary's Evening WA branch will hold a coffee party in the Parish Hall on Feb. 10 from 11 a.m. to 1 p.m. with Miss G. Merritt as convener.

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### L'Alliance

L'Alliance Francaise will meet on Thursday at 3.30 p.m. at 3011 Foul Bay Road.

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### Nightingale

The annual meeting of the Florence Nightingale Chapter, IODE, will be held on Monday at 12.30 p.m. at the Pacific Club.

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### Guides

Pemberton District Local Association of the Girls Guides and Brownies will hold a Valentine tea on Saturday at St. Matthias Church Hall at 2.30 p.m.

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### Camosun

Camosun Chapter, IODE, annual meeting will be held on Friday, at 1 p.m. in the Blue Room.

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### IODE

Sir James and Lady Douglas Chapter, IODE, annual meeting will be held on Tuesday at 12.30 p.m. in Lougheed's Banquet Hall.

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### Bethel No. 2

New Honored Queen of the Order of Job's Daughters Bethel No. 2 is Ann Davies who was installed Saturday evening at a large meeting held at St. Phillip's Hall, Eastdowne Road.

Senior Princess for the coming year is Lenora Lancaster and Junior Princess is Donna Robertson.

Installing officers who conducted the ceremony were: Miss Doreen Sabiston, retiring Honored Queen and Miss Barbara Thom, Miss Cathy Carley, Mrs. Betty Beaudin, Miss Pat Catwin, Mrs. Sharon Daggett, Miss Donna Rutherford, Mrs. Wilma Maycock, Miss Pat Samuel, Miss Hazel Reeve and Miss Maxine Hill.

New officers installed for the next term are: Betty-Ann Hawkins, Alice King, Sandra Savage, Roxanne Devlin, Lynore Blake, Shannon Rabey, Sheila Kitley, Donnelle Dreaper Maureen Carley, Zoel Fraine, Joyce Staniforth, Gay Fleetwood, Carol Carpenter, Diane Patterson, Cecilia Kerridge, Lynn Russell, Carol Thomas, Joy Noakes and Heather Kitson.

Bethel Choir members installed were: Linda Lindsey, Linda Carpenter, Rosemary Hay, Leanne Catt, Mary Phelps, Gweneth Thomas, Frances Boden, Adrienne Esselmont, Pat Salter, Wenda Sewell, Julie Oxendale, Mary Staniforth, Frances Hatcher and Diane Martin.

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### Duncan

DUNCAN, B.C.—Jean Sorbin was elected president of the Ladies' Auxiliary to the Little League Baseball Association at the first meeting of the season. Other officers are Mrs. Opal Aspden, vice-president; Mrs. P. Robertson, secretary-treasurer; Mrs. W. Blacklock, Mrs. Edna Bradshaw volunteered to convene the refreshment committee and the concession stand committee will be Mrs. S. Hykaway, Mrs. D. Garbutt, Mrs. Aspden, and Mrs. J. Higgins. Mrs. Irene Webb will look after membership.

It is the aim of the auxiliary to have every mother with a boy in the Little League become a member.

# Do as I Say Not as I Do

**LONDON (UPI)—Tax accountant Ronald Rickard, who recommended engaged couples get married in April most favorable tax rebate, announced yesterday he would marry his secretary, Margaret Lancaster, next week.**

**"Margaret wouldn't wait," he explained.**

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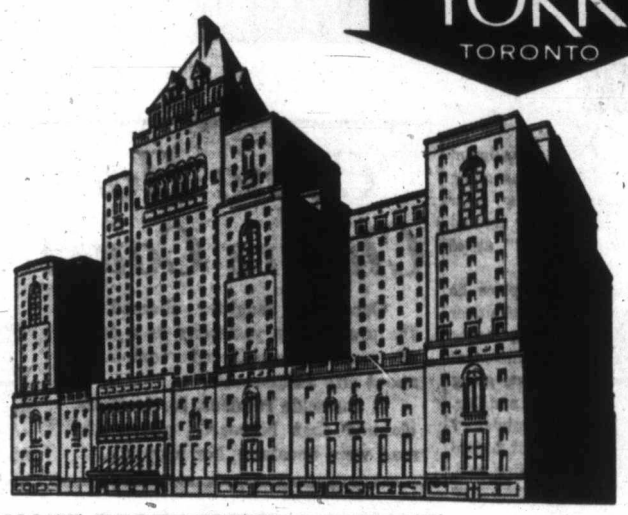

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A Canadian Pacific HOTEL

Science Now Shrinks Piles Without Pain Or Discomfort
Finds Healing Substance That Relieves Pain And Itching As It Shrinks Hemorrhoids

Toronto, Ont. (Special)—For the first time science has found a new healing substance with the ability to shrink hemorrhoids and to relieve pain and itching. Thousands have been relieved with this inexpensive substance right in the privacy of their own home without any discomfort or inconvenience.

In one hemorrhoid case after another, "very striking improvement" was reported and verified by doctors' observations.

Pain was promptly relieved. And while gently relieving pain, actual reduction or retraction (shrinking) took place.

And most amazing of all—this improvement was maintained in cases where doctors' observations were continued over a period of many months!

In fact, results were so thorough that sufferers were able to make such statements as "Piles have ceased to be a problem!" And among these sufferers were a very wide variety of hemorrhoid conditions, some of even 10 to 20 years' standing.

All this, without the use of narcotics, anesthetics or astringents of any kind. The secret is a new healing substance (Bio-Dyne) — the discovery of a famous scientific institute. Already, Bio-Dyne is in wide use for healing injured tissue on all parts of the body.

This new healing substance is offered in suppository or ointment form called Preparation H. Ask for individually sealed convenient Preparation H Suppositories or Preparation H ointment with special applicator. Preparation H is sold at all drug stores. Satisfaction guaranteed or money refunded.

Many thousands of people contributed to this report
Policyholders, life underwriters, office staffs

Among the new records reported by The Imperial Life Assurance Company of Canada in the year 1958 were:

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|---|---|
| Benefit payments | $ 19,690,069 |
| Premium and net interest income | $ 42,919,812 |
| New business | $ 160,171,979 |
| Total business in force, end of year | $1,116,793,852 |
| Assets, end of year | $ 257,168,019 |

The revenue from the Company's total assets showed a net yield of 4.81%—again an increase over that of the previous year.

A copy of the complete Annual Report is available on request. Ask for it at the local Branch Office, or write to the Home Office of the Company.

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